

## Offer Herbs To Pet Birds

**Mix herbs into a meal or offer them fresh to your bird.**

*By Jessica Pineda*

Fresh herbs are delicious and healthy, and can be offered to birds as is or in a meal.

Does your bird want a little spice in its life? Is its meals missing flavor? Offer these herbs by themselves or cooked in one of your bird's favorite meals. Herbs that are used for cooking are known as culinary herbs, and they are plants that add flavors to food. But for birds, they can be food! Offered fresh, some herbs are high in vitamins and grow in shapes that birds love to tear into.

Herbs like cilantro and parsley are perfect for small birds. Parsley is high in vitamin A and C, which makes it both healthy and delicious. The left over long stems make a fun, shreddable toy for small birds.

Mix herbs into your bird's fruits, veggies, birdie bread or just offer them fresh! You can grow many herbs easily in small pots around your house, balcony, window sill or in your garden. They need minimum care, and can be bought at your local supermarket, farmer's market or food store. Some fresh herbs, like rosemary or lemon balm, are also considered aromatherapy herbs, and can make your house smell great!

Offer these herbs to your bird:

Anise (*Pimpinella anisum*)

Basil (*Ocimum basilicum*)

Bee pollen (*Monarda*)

Borage blossoms (*Borago officinalis*)

Bottlebrush (*Callistemon* spp.)

Coriander/cilantro (*Coriandrum sativum*)

Dill (*Anethum graveolens*)

Fennel (*Foeniculum vulgare*)

Lemon balm (*Melissa officinalis*)

Oregano (*Origanum vulgare*)

Rosemary (*Rosmarinus officinalis*)

Sage (*Salvia officinalis*)

Thyme (*Lamiaceae Thyme*)